

COMMONWEALTH OF AUSTRALIA

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Family Name	
Given Names	
Student Number	
Teaching Period	Semester 2, 2016

FINAL EXAMINATION	DURATION
SPE312 – Advanced Studies in Exercise and Sport Science 2	
	Reading Time: 10 minutes
	Writing Time: 120 minutes

INSTRUCTIONS TO CANDIDATES

1. INSTRUCTIONS TO CANDIDATES:

1.1 The examination has 3 sections

Section A:

Suggested Time: 20 minutes

Multiple Choice Questions: Answer ALL 20 questions on the examination paper.

Marks indicated: 20 marks

Section B:

Suggested Time: 40 minutes

Short Answer Questions: Answer ALL 10 questions in the spaces provided on the examination paper.

Marks indicated: 40 marks

Section C:

Suggested Time: 60 minutes

Short Essay Questions: Answer ALL 4 questions in the ANSWER BOOKLET provided.

Marks indicated: 40 marks

Section A and Section B must be answered on this Examination Paper and must be handed in with your Answer Booklet. Section C is to be answered in the Answer Booklet.

Please ensure that your name and student number are clearly indicated at the top of this Examination Paper and on your Answer Booklet.

1.2 Note that questions ARE NOT of equal value.

1.3 Read ALL questions carefully.

EXAM CONDITIONS

You may begin writing from the commencement of the examination session. The reading time indicated above is provided as a guide only.

This is a CLOSED BOOK examination

No calculators are permitted

No handwritten notes are permitted

No dictionaries are permitted

Answer on both exam paper and supplied material/s

ADDITIONAL AUTHORISED MATERIALS	EXAMINATION MATERIALS TO BE SUPPLIED
No additional printed material is permitted	1 x 16 Page Book

**THIS EXAMINATION IS PRINTED
DOUBLE-SIDED.**

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BLANK.**

Section A
Multiple Choice Questions

Total marks for this section: 20 marks

This section should be answered on this examination paper provided. Circle the letter that corresponds to the most appropriate answer. Answer all Questions.

Each question is worth 1 mark

Suggested time allocation for Section A: 20 minutes

This is the end of Section A (Total 20 Marks). Please ensure that you have written your name and student number on your examination sheet.

Section B
Short Answer Questions

Total marks for this section: 40 marks

Each question is worth four (4) marks and marks are distributed equally throughout each question.

Answer in the spaces on this examination paper provided. Answer all Questions.

Suggested time allocation for Section B: 40 minutes

Question 1 (Marks: 4)

Briefly discuss three (3) things other than success that a coach or physical educator might reinforce.

1. _____

2. _____

3. _____

Question 2 (Marks: 4)

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- This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Question 3 (Marks: 4)

- (a) What is the transtheoretical model?
- (b) How and why does it support the notion of treatment-client matching?

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There is no handwriting or printed text on the page.

Question 4 (Marks: 4)

- How does the optimal level of feedback precision change as learning progresses?
- Are no-feedback trials during practice useful for learning?
- How do you know if they are or are not?

[illegible]

Question 5 (Marks: 4)

- Discuss Martens' definition of the objective competitive situation.
- Do you agree or disagree with this definition? Explain why or why not.
- Why did Martens define competition in this way?

[illegible]

Question 6 (Marks: 4)

Discuss three (3) communication styles and how they relate to avoiding or reducing confrontations.

[illegible]

Question 7 (Marks: 4)

Describe the five (5) key characteristics of the imagery process.

1. _____

2. _____

3. _____

4. _____

5. _____

Question 8 (Marks: 4)

Attempts to train fundamental abilities through drills usually do not work.

- Explain why not.
- Suggest an alternative route for training a specific skill.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Question 9 (Marks: 4)

Both physiological and psychological explanations have been postulated to explain how exercise enhances psychological well-being. List two (2) examples of each with reference to physiological and psychological explanations.

Physiological

1. _____
2. _____

Psychological

1. _____
2. _____

Question 10 (Marks: 4)

You are a coach/trainer in a sport or exercise setting. Describe and discuss four (4) strategies for preventing eating disorders in athletes and exercisers.

1. _____

2. _____

3. _____

4. _____

This is the end of Section B (Total 40 Marks).

Please ensure that you have written your name and student number on your examination sheet.

Section C

Extended Essay Questions

Total marks for this section: 40 marks

Each question is worth ten (10) marks and marks within each question are indicated.

Answer in the Answer Booklet provided. Answer all Questions.

Suggested time allocation for Section C: 60 minutes

Question 1 (Marks: 10)

You are the coach of a high school basketball team. They have not performed well this season. The Headmaster of the school (who happens to be very passionate about basketball) has asked you to outline what the problem is, and what you are going to do about it. You've decided to focus on group and team dynamics and team cohesion as you believe this could be the root of the problem. Write a formal letter to the Headmaster with your plan and clear rationale for your plan. Be creative as you describe the problems with your team, what is causing those problems, and how you are going to fix them, with specific reference to concepts and theories relating to team cohesion/group dynamics learnt during this unit.

Question 2 (Marks: 10)

You're a consultant for a high-level sports club. You've been asked to give a 20 minute talk to all the coaches and assistant coaches (not directly to the athletes) on managing burnout, overtraining, and athletic injuries, from the psychological perspective. You know this is a big topic. You only have 20 minutes, so you have decided to pick 6 of the most important topics and 'messages' to focus on. Describe and summarize those 6 main points, and justify/explain why you chose each one – why you feel each one is very important.

Question 3 (Marks: 10)

Your 10 year old nephew Bob has decided he would like to learn how to juggle steak knives. At the moment, he can't even really catch one ball. Considering the age and stage of your nephew, and his likely psychological, physical and other limitations, consider what a ten week program for teaching your nephew how to juggle steak knives might include.

Write Week 1, Week 6 and Week 10 of his program. For example: "In Week 1 we will x ." "By Week 6, Bob will be able to x so we will y ." "At Week 10, we will focus on x because y ."

In your answer, cover a range of relevant topics we have looked at in this unit. Explain why these factors are important, and therefore why you have paid attention to them in your program.

Question 4 (Marks: 10)

Describe the four major processes that affect goal setting (why it works) as explained by the direct mechanistic view of goal setting, and then identify six common problems with goal setting.

This is the end of Section C (Total 40 Marks). Please ensure that you have written your name and student number on your examination sheet and Answer Book